



Tim Keller
Mayor
City of Albuquerque



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS
Richard J. Berry, Mayor



BERNALILLO COUNTY
Jorja Armijo-Brasher, Director



Department of Senior Affairs

Director

Jorja Armijo-Brasher

Recreation Division Manager

Rhonda K. Methvin



North Valley Senior Center Staff...

Manager

Sandra Lucero

Program Coordinator

America Bencomo

Office Assistant

Daphne Flores

Program Aides

Dolores McGuinness

General Service Worker

Patrick Maestas

Kitchen Staff

Tim Leyva

Mary Ann De la O

Regular Business Hours

Monday - 8:00am - 5:00 pm

Tuesday - 8:00am - 7:00 pm

Wednesday 8:00am - 5:00pm

Thursday 8:00 - 5:00pm

Friday 8:00 - 5:00pm

Sunday 12:30pm - 5:00pm



North Valley Senior Center

December Newsletter 2017

A Word From the center Manager

Welcome Back

After three long months of bathroom renovations it is my pleasure to welcome our members and staff back to North Valley Senior Center. We hope that the wait was well worth it, as you see the new bathroom facilities with the more accessible features and modern look.

We have missed our members tremendously and can't wait to get back to our normal routine and programming. During construction North Valley Senior Center and three Department Centers were Nationally Accredited, through the NCOA, (National Institute of Senior Centers.) This is a significant accomplishment and we are very proud to be ranked as an outstanding Senior Center. We are blessed to have the resources and funds to make improvements to our center and to be recognized as having some of the best senior programs in the nation.

The New Year holds infinite possibilities and we will continue to strive to bring you new and exciting, activities and programs as we move forward into the New Year.

May the New Year bring you good health and many blessings!

Happy Holidays from all the staff at North Valley Senior Center!

Sandra Lucero



We Will Be Closed

Sunday December 24th, 2017

&

Monday December 25th, 2017

Regular Schedule

AcuPressure	F	10:00am
Donation of \$15 for 30 minutes or \$25 for an hour		
Aquatics	M,W, & F	8:30am & 12:45pm
Arts & Crafts	W	9:00am
Bible Study	T	10:30am
Billiards	<i>Open to members daily</i>	
Bingo	W	1:30pm
Birthday Party	3rd. F	11:30am
Ceramics	T, W	12:00pm
Dance for Parkinson's	1st & 3rd Th	2:00pm
Defensive Driving	1st. M	12:15pm
Doctor King's Health Improvement Program		
.....	3rd. W	10:00am
Enhanced Fitness	M, T, & F	8:15am
Exercise for Parkinson's	2nd & 4th Th	2:00pm
Fishing Meeting	M	10:00am
Fitness Center Hours	M-F	8:00am-5:00pm
	T	8:00am - 7:00pm
	S	12:30pm - 5:00pm
Flea Market	W	8:00am
Knitting & Crocheting	W	9:00am
GEHM Clinic	T	8:00am
<i>Sponsored by: UNM Nursing School</i>		
Guitar Group	T, F	10:00am
Guitar Music (Greg Cordova)	M	11:45 am
Except 1st Monday of the month also Th 9:30 am & 4th Th of the month		
<i>Other musicians are welcome to join and play.</i>		
Hiking	<i>Every other Thursday</i>	
Hispanic Folk Art	W	1:00pm
Oil Painting	F	9:00am
Open Computer Lab	M, T, W, & Th	1:00pm
Origami Club	<i>First Sunday of each month</i>	
Pilates	Th	8:30am
Poker	M-F	12:00pm
Pottery	M	9:00am
Quilting	M	8:00am

Reflexology Massage	2nd. & 4th. F	9:30 am
<i>4th Wednesday of each month</i>		
Senior Law Office	3rd. Th of month.	
<i>Call for an appointment : 265-2300</i>		
Sunday Dance	S	12:30pm
T'ai Chi	M	9:30am
Voices of the Valley Poetry Group	2 nd & 4 th F	1:00pm
Woodworking	T	8:30am
Yoga (Gental Hatha)	F	3:30pm
Yoga, Dahn	T, Th	3:15pm
Zumba (Gold)	Th & F	9:00am
Zumba	Th	3:30pm
Qi Gong	W	9:00am



Hair Cuts

Haircuts for men and women are being offered at North Valley Senior Center for a senior discount. Your 1st hair cut is free! Donation is appreciated.

North Valley

Friday

10:00 am

1st Hair Cut Free; \$8 After 1st Hair Cut

Rosa



NM Aging and Long Term Service Department

Benefit Counseling: State Health Insurance Program answers to questions and concerns regarding private and government benefit programs

Call Valerie Valdez

(505) 383-3919 for more information



Trips

Holiday Stroll



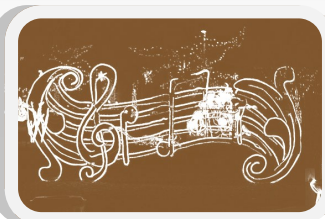
The annual lighting of the Christmas Tree in Don Luis Plaza kicks off a delightful evening of entertainment, dining and shopping.

The luminarias and twinkle lights fill the air with Holiday spirit during this classic and time-honored Albuquerque event.

Friday, December 1

Check in: 4:15 pm • Return: 8:30 pm

\$2 transportation



River of Lights Tour

Come join North Valley as we take a tour through the Bio Park's River of Lights.

Thursday, December 14

Check in: 4:30 pm • Return: 8:30 pm

\$2 transportation



The Luminaria Tour

New Mexico is famous for our luminarias during our Christmas session. Come join North Valley for the luminaria tour.

Sunday, December 24

Check in: TBA • Return: 8:30 pm

\$2 transportation

**Holiday
Wishes**

Classes

Tin Works Holiday Workshop

We will be creating ornaments, farolitos and other fun holiday items. Class covers a sheet of tin, necessary tools and instruction. Custom punches and additional tin are available for purchase if you want to continue at home. Sign up at the front desk.

North Valley, Room 3

Tuesday, December 12

9:00 am – 12:00 pm

Fee \$55 for all materials

Instructor: Jason Younis

Offer a Suggestion

Do you have a helpful suggestion, or a comment for the manager, and staff at the North Valley Senior Center?

Please let us know.

Fill out the space below and then place it in the suggestion box located near the front desk.

Your Suggestion Or Comment:

** Remember for suggestion to be taken into consideration please make sure you sign.*

Signed: _____

Date: ____/____/____

Special Event



City of Albuquerque • BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

Richard J. Berry, Mayor Jorja Armijo-Brasher, Director

Holiday Arts & Crafts Fair

Friday, December 1st
9:00 am – 2:00 pm

Door Prizes!

JEWELRY * CRAFTS *
HOME DÉCOR * FOOD ITEMS *
AND MUCH MORE!

North Valley Senior Center
3825 4th Street NW 87107

Holiday Music By
Danny Sedillo



The next food pantry....

**Thursday
December 21st, 2017**

Health & Wellness

Acupressure

Acupressure is a form of Chinese medicine, which restoring harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system

Fridays 10:00 – 2:00 pm * Suggested donation of \$0-\$15 for 30 minutes or \$25 for an hour

Linda Leatherman

Cleansing Massage

(La Sobadora Del Norte)

Get ready to feel better! Cleansing massage removes toxins, IBS, cranial sacral, fibromyalgia, **vertigo**, depression, lupus, toothaches and anxiety.

Wednesdays 8:00 – 5:00 pm * Donations
Camilla (505) 859-0218

Foot Pedicure

The start of foot appreciation day! Rejuvenate your precious feet that carry you around all day.

Monday 8:00 – 5:00 pm Donations
Camilla (505) 859-0218

Hair Cuts

Haircuts for men and women are being offered at North Valley Senior Center for a senior discount. Your 1st hair cut is free!

Donation is appreciated.

Friday 10:00 am 1st Hair Cut Free; \$8 After 1st Hair Cut

Rosa

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet or hands.

4th Wednesdays 9:30 – 11:00 am **Fridays** 9:30 am

Flu Shots

Walgreens will be having a Flu Shot Clinic at North Valley Senior Center. No Vouchers will be given out for free shots.

Date: Wednesday, December 6th

- Please bring your insurance card (no cost)
- Molina Medicaid not accepted
- No insurance \$39.99



Presentations

HOW TO STAY OUT OF THE DOCTOR'S OFFICE

Doctor King's Health Improvement Program
End PAIN and ADD years to your life at ANY age

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins – in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis – you name it. When our aging bodies turn acidic, all these toxins are rendered double the trouble. Mankind was designed to live 120 years and more. So, why aren't we seeing that today? Well, we are. In the high Himalayas of northern Pakistan live the Hunza people who regularly live to 120. How do they do it? They don't eat the way Americans and western Europeans do. Their diet is rich in foods that keep their bodies free of the toxins that are killing us. Come and learn how to eliminate pain and add years to your life.

3rd Wednesday of the month

10:00-11:00 am

Presenter: Dr. R. Barry King, PhD



Depression and the Holidays

Depression during the holidays is common in the elderly. Learn how to recognize and get help for those who are depressed. Depression if left undiagnosed and untreated can lead to loss of independence; aggravate symptoms of other illnesses, lead to premature death and or result in suicide.

North Valley, Room 3

Thursday, November 30

10:00-11:00 am

So You Want to Volunteer?

So you want to volunteer? Where do you start? There are more than 1,600 charitable and non-profit organizations in the Albuquerque area. If you are interested in using your talents to help others, please join us.

North Valley, Room 3

Wednesday, December 13

10:00 – 11:00 am

Presenter: Community Link

Other Center Special Event

Mariachi Christmas Luncheon

Monday, December 25, 2017

11:30 am to 1:00 pm

\$4.00 per person

North Domingo Baca Multigenerational Center

Menu:

Hot Roast Beef with Steamed Mixed Vegetables

Mashed Potatoes and Brown Gravy

Tossed Salad

Dinner Roll

Cheesecake with Strawberry Toppings

Live Entertainment provided by:

Mariachi Norteño

RSVP with any member of the North Domingo Baca Staff



Voices of the Valley (Poetry Group)

MY UNSOCIAL SUMMER

Meeting for coffee with
no real expectations we take
a table in shade and talk
of films and other places.

Before you called I had thought
how nice to let summer just
billow. Still air with a green
hummingbird. Four o'clock rain.

Leah Miller, 2017



Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. The Retired Senior Volunteer Program is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza

New Mexico Senior Olympics Summer Games

Date/Time/Location that Volunteers are needed: July 19 at Balloon Fiesta Park,

Address of Event: 5000 Balloon Fiesta Parkway NE

Starting at 8 am; three shifts of approximately 4-5 hours each; 10 people each shift. Volunteers will report to David Rice, Event Coordinator, 505-967-9932

Volunteer Positions Available: Health Fair Volunteer and Opening Day

Ceremonies Volunteer that include the parade of athletes.

Description of Volunteer Responsibilities: Set up chairs, arrange grounds for the evening ceremony with the parade of athletes, pick up chairs and cleanup

Parking will be provided. Please Call 767-5225



CASA NUTRITION TIP

Senior Recipe Ideas Using Sugar Substitutes in Holiday Treats

Holiday desserts can easily be made healthier, but they still need that familiar sweet flavor. For that, you would typically use sugar. In many of your senior recipes, you may be able to [substitute](#) honey, maple syrup, molasses, agave nectar or turbinado sugar for the granulated sugar. Those options aren't significantly healthier, but their stronger flavor means you can use less to produce the same flavorful results.

You can also reduce the amount of sugar that your recipes call for. With many desserts, seniors won't notice if you use $\frac{3}{4}$ of a cup instead of a full cup of sugar – and, you may even be able to cut the sugar down to $\frac{1}{2}$ cup without any noticeable taste difference.

Replace Saturated Fat in Senior Recipes for Holiday Sweets

Fat-free desserts don't typically offer a satisfying flavor or texture on the palate, so you may not want to go that route in revising your recipes for senior residents. But, you can definitely trim some of the fat in your holiday sweets without taking away the flavor.

With baked goods, you can try exchanging half of the oil or butter for unsweetened applesauce, mashed banana or another type of fruit puree. Your brownies, cakes and cookies will still be moist, tender and delicious, but they'll be lower in fat.

If you have holiday dessert recipes that call for full-fat dairy, you can exchange it for a lower fat alternative. Choose low-fat milk instead, or replace dairy milk with almond or soy milk, and you'll reduce or eliminate the saturated fat in senior recipes.

Reduce White Flour in Senior Recipes

[Enriched white flour](#) – a major ingredient in many holiday dessert recipes – has very few vitamins and minerals. Replacing it with whole-grain flour can make sweets much healthier for your assisted living or nursing home menus.

Although whole wheat is the most popular, many different types of healthy flour are available. Replacing white flour with the wheat variety gives your dessert treats a boost of nutrients and heart-healthy fiber.

However, because whole wheat flour is coarser and can change the texture of your holiday sweets, it's best to replace only a portion of the white flour called for. Start with a fifty-fifty mix of each type, and gradually increase the amount of wheat until you reach the right balance. Or, you may want to try white whole wheat flour, as it has a milder taste and lighter texture.



Breakfast Menu

Served daily from 8am - 9am
No Reservation needed.

ENTRÉE'S

Breakfast Burrito: \$1.50
Eggs - Hash Brown – Bacon or Sausage

Regular Breakfast: \$1.50
2 Eggs - 2 Toast - Hash Browns - 2 Bacon or Sausage

Mini Breakfast: .75¢
1 Egg - 1 Hash Brown - 1 Bacon or Sausage

Hot Cereal: .70¢
Oatmeal with 1 carton of milk

SPECIAL DATES

Biscuits & Gravy: \$1.00
(Wednesday's Only)

1 Biscuit with Gravy

Huevos Rancheros: \$1.50
(Last Thur. of the Month)

A LA CARTE

Pancake .25¢ ea.

French Toast .25¢ ea.

Egg .25¢ ea.

Bacon x 2 .50¢ or.

Sausage x 2 .50¢ or.

Hash Brown .30¢
ea.

Tortilla .20¢
ea.

Toast .20¢
ea.

BEVERAGES

Coffee: (6oz. cup) .30¢
ea. **Orange Juice: 4oz.**
.25¢ ea.

Milk (2% 6oz. Carton) .25¢ ea.

December Lunch Menu

Please make your reservation one day ahead before 2:00pm To

Call Dial: **761-4025**

Monday - Friday from 11:30am to 1:00pm

The City reserves the right to alter menu due to food availability

Monday	Tuesday	Wednesday	Thursday	Friday
4 Beef Fajitas Papitas Broccoli & Cauliflower Oatmeal Cookie	5 Chicken Florentine Rice Pilaf Stewed Tomatoes Wheat Roll Tapioca Pudding	6 Turkey w/Gravy Stuffing Green Bean Casserole Dinner Roll Cheesecake	7 Three Cheese Lasagna Mixed Vegetables Garlic Bread Cinnamon Apricots	8 Pork Chops Mixed Vegeta- bles Cornbread Orange
11 Biscuit w/ Sausage Gravy Diced Potatoes Spinach Blueberry Muffin	12 Blackened Salmon Red Beans & Rice Honey Glazed Carrots Wheat Bread Orange	13 Chili Dog Tater Tots Mixed Vegetables Sliced Apple	14 Broccoli Mac- N-Cheese Sweet Potatoes Brussel Sprouts Wheat Roll Cantaloupe	15 Rotisserie Chicken Garlic Mashed Potatoes Peas Croissant Roll Holiday Cookie
18 Pot Roast Cornbread Apple Crisp	19 Caesar Chicken Buttered Pasta w/Red Tomatoes Zucchini Biscuit Pineapple	20 White Fish Rice Pilaf Asparagus Croissant Roll Grapes	21 Alfredo Pasta Baby Carrots Wheat Roll Orange Sherbet	22 Ham w/Red Chile Green Chile Mashed Pota- toes Mixed Vegeta- bles Dinner Roll Pumpkin Mousse
25 Closed	26 Turkey Corn- dog Ranch Beans Spinach Apple	27 Helen's Beef Stroganoff Green Beans w/ Mushrooms Dinner Roll Peach Crisp	28 Minestrone Stew Au Gratin Pota- toes Cabbage Wheat Crackers Cottage Cheese Oranges	29 Tamales w/ Red Chile Green Chile Chicken Posole Tortilla Calabacitas Vanilla Pudding w/ Bananas

December Dance Schedule

Sunday, December 3, 2017- Sam Y Los Amigos

Sunday, December 10, 2017- Chile Bean Express

Sunday, December 17, 2017- La Raza

Sunday, December 24, 2017- (Christmas Eve) CLOSED

Sunday, December 31, 2017- Los Recuerdos